

# What to do if you fall at home

**FALL**

**DON'T PANIC**

Stay quiet for a moment. Assess the situation

Make a decision whether or not to try to get up

**I WILL TRY TO GET UP**

To get off the ground try this -



**IF SUCCESSFUL**

Take time to recover

Seek medical advice if necessary

**Report your fall and any injuries to your doctor**

**I CAN'T GET UP**

**NOT SUCCESSFUL**

Try sliding or crawling to seek help

Call Ambulance  
**000**

Personal alarm

Call out or make loud noise

Make yourself comfortable and warm. Lie quietly until help arrives

**Early treatment and finding the reasons for your fall is important !**